In support of emergency medical treatment for individuals affected by adrenal insufficiency, we encourage all affected individuals and their families to visit their local EMS provider. Before going, check the CARES website http://www.caresfoundation.org/emergency-medical-care/ to see if your state or region has protocols in place addressing adrenal insufficiency.

**WHO:** All individuals and families affected by adrenal insufficiency.

**WHAT:** Visit your local EMS provider and/or one near your child’s school, your place of work, etc.

- **Introduce** yourself and tell them where you live
- **Share** with emergency personnel information about your condition, the life-threatening nature of adrenal insufficiency and your emergency medical needs
- **Show** them your medical I.D., emergency care instructions from your doctor, medications, etc.
- **Ask** if they can flag your address so that when 911 is called, the computer shows who is affected by adrenal insufficiency
- **Encourage** them to support the inclusion of protocols to allow them to help you in case of emergency and to let their supervisors know of your visit (if there are no protocols in place for your area)

**WHEN:** At your convenience

**WHERE:** Your local EMS provider and those near your child’s school, your place of work, etc.

**WHY:** We have made an appeal for the inclusion of adrenal insufficiency treatment in state-wide EMS protocols. Through visits to local EMS providers, we hope to encourage the word of our community’s needs to travel up the chain of command to EMS representatives who are considering this appeal.

For those regions that have protocols passed, we are reminding EMS personnel of proper treatment during an adrenal crisis.

**TIPS**

- Use NON-EMERGENCY phone numbers to determine which EMS provider serves your community as well as to arrange for a meeting with appropriate personnel.

- Bring a copy of [CARES Foundation’s Emergency Instructions brochure](#) to help explain emergency medical needs of individuals with adrenal insufficiency.

If you have any questions or want to let us know how your visit went and what you learned, please contact Karen Fountain at karenf@caresfoundation.org.